



STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene

Office of Health Care Quality

Spring Grove Center • Bland Bryant Building

55 Wade Avenue • Catonsville, Maryland 21228-4663

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – John M. Colmers, Secretary

TO: All Comprehensive Care Facilities

FROM: Nancy Grimm, RN, JD – Director *NBG*

DATE: October 13, 2010

RE: Revised List of Approved Over the Counter Medications that May be Purchased in Bulk

As referenced in COMAR 10.07.02.15 C (1)(h), the Office of Health Care Quality has the authority to designate certain over the counter medications that are exempt from resident specific labeling requirements and may therefore be purchased in bulk by State licensed comprehensive and extended care facilities. The first such list of medications was published by the Office of Health Care Quality on December 10, 2006. After evaluating our experience with these medications and in consultation with various stakeholders, I am please to provide you with the following expanded list of medications, which facilities may now purchase in bulk:

A & D Ointment	Acetaminophen 325 mg
Acetaminophen liquid	Aspirin 81 mg
Aspirin 325 mg	Aluminum with Magnesium Hydroxide
Bacitracin Ointment	Bisacodyl Suppositories 10 Mg
Calcium Carbonate 500 mg	Calcium Citrate
Cranberry 405 mg	Docusate
Docusate-Senna	Ferrous Sulfate
Glycerin-Witch Hazel Topical	Guaifenesin
Loratadine 10 mg	Magnesium Hydroxide
Multivitamin	Multivitamin with minerals
Non-medicated Skin Lotions	Normal Saline
Perineal Care Solutions	Peroxide
Senna	Senna S
Simethicone	Sodium Phosphate Enema
Throat Lozenges	Triple Antibiotic Ointment
Vitamin C	Vitamin D 400 IU
Zinc 240 mg	Zinc Oxide
Calcium Carbonate 600 mg with Vitamin D 400 IU	
Pramoxine/Phenylephrine/Glycerin/Petrolatum	



For those medications without designated dosages, it is appropriate under the regulation to purchase any available over the counter dosage. It is also acceptable to purchase either brand name medications or the generic equivalent of the medication.

Any medication which requires a prescription in order to be dispensed is automatically excluded from this list. Furthermore, while medications on this list are exempt from resident specific labeling requirements, it is important for facilities to ensure adherence to all other applicable regulations regarding their administration.

Please feel free to contact William Vaughan RN, Chief Nurse, at 410-402-8140 or wvaughan@dohmh.state.md.us with any questions or comments you may have as to this memorandum.

cc: Joe DeMattos, President, HFAM
Isabella Firth, President, Mid-Atlantic Lifespan
Alice H. Hedt, State Long-Term Care Ombudsman
Mark Leeds, Maryland Medicaid